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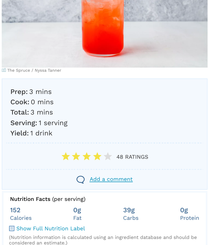
Sparkling Peach Sunrise

By Colleen Graham · Updated on 01/3/22



The Spruce / Nyssa Tanner

Prep: 3 mins
Cook: 0 mins
Total: 3 mins
Serving: 1 serving
Yield: 1 drink

4.5 out of 5 stars · 48 RATINGS

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Nutrition Facts (per serving)

152	0g	39g	0g
Calories	Fat	Carbs	Protein

Show Full Nutrition Label

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

SAVE RECIPE

Simple and refreshing, the sparkling peach sunrise is a fabulous nonalcoholic drink. The recipe is easy, the taste showcases the sweet taste of peaches, and it has a lively sparkle that everyone is sure to enjoy. It's a great drink for summer afternoons, barbecues, or brunches on the patio. With a neat visual effect, it's also a fun drink that's so simple even kids can make it.

A twist on the virgin sunrise, this mocktail switches from orange juice to peach juice. Adding a little lemon-lime soda lightens up the drink and gives it a fruity Shirley Temple–like feel. Just like all "sunrise" drinks, you'll pour grenadine for a sweet pomegranate flavor that's delicious in this peachy drink. The grenadine will naturally sink to the bottom of the glass and slowly integrate into the rest of the drink. If you prefer, give the drink a good stir to mix in that sweet syrup right away.

Peach juice is not the most common type of fruit juice, though it is becoming more popular. You may be able to find it with the specialty juices in a grocery store's natural food section. When peaches are in their prime, this drink is a perfect excuse to make fresh peach juice. Peach nectar is a great alternative, and you can use peach juice blends that include other fruits too.

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Ingredients

- 1/3 cup peach juice
- 1/3 to 1/2 cup lemon-lime soda, to taste
- 1 1/2 tablespoons grenadine

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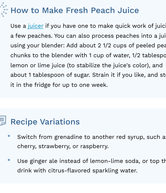
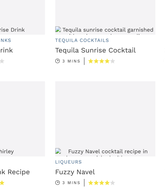
Steps to Make It

01 Gather the ingredients.

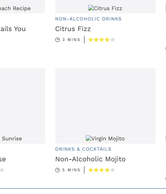


02 Pour the peach juice over ice into a highball or old-fashioned glass.

03 Fill with soda.



04 Slowly pour the grenadine into the drink—it will sink to the bottom and gradually rise, integrating into the drink. Serve and enjoy.



How to Make Fresh Peach Juice

Use a juicer if you have one to make quick work of juicing a few peaches. You can also process peaches into a juice using your blender: Add about 2 1/2 cups of peeled peach chunks to the blender with 1 cup of water, 1/2 tablespoon lemon or lime juice (to stabilize the juice's color), and about 1 tablespoon of sugar. Strain it if you like, and store it in the fridge for up to one week.

Recipe Variations

- Switch from grenadine to another red syrup, such as cherry, strawberry, or raspberry.
- Use ginger ale instead of lemon-lime soda, or top the drink with citrus-flavored sparkling water.

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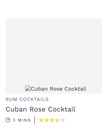

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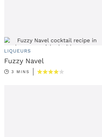

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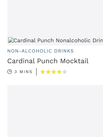

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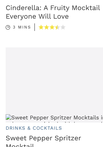

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